

Life Style Behaviors		
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Quit Smoking		
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American Cancer Society		www.cancer.org
American Lung Association		www.lungusa.org
Centers for Disease Control		www.cdc.gov/tobacco
National Cancer Institute		http://www.smokefree.gov/index.asp

Healthy Eating		
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Steps to a Healthier You		www.Foodpyramid.gov
American Institute for Cancer Research		www.aicr.org